



## Welcome to Your EAP/Work-Life Program

Life is filled with change, opportunities, and challenges. The issues may be large or small. Sometimes we could use a just a little help – and sometimes a little more help – to find our way. That’s where your EAP/work-life program comes in.

Are you parenting a teenager? Experiencing money problems? Searching for eldercare? Have family or work issues? Your EAP/work-life program can help. Caring, trained professionals will provide support and help you find answers anytime.

The program covers many issues. Depression and anxiety, alcohol and chemical dependency, and stress are just a few. If you need advice on making big-ticket purchases or finding health and medical resources, you’ll find help for that too. This service is completely private and costs you nothing.

As part of the program, you have access to an award-winning website. You can watch short videos, read articles, download free materials, and much more. When you visit the site, you’ll find resources on topics such as health, education, legal issues, and your money – plus many others.

Check out the website at [www.Humana.com/eap](http://www.Humana.com/eap) to find out more about the resources available to you. Your user name is **eap3**. Your password is **eap3**. To reach services by phone, call 1-866-440-6556.

When you’re looking for a place to turn, consider your EAP/work-life program.

**PS:** Remember, this service is confidential and provided at no additional cost to you.